

Safety and Health Awareness

Events Calendar



Mon | Tue | Wed | Thu | Fri

- Monday, April 13** Safest Bureau/Office Inspection Contest Begins! Ends May 8
- Thursday, April 16** DOI's Untapped Resource: The EAPs & How They Can Help Room 7000 A & B MIB from 1 - 2 PM
- Monday, April 20** Find the Hazard Contest Begins! Ends May 15
- Wednesday, April 22** Helpful advice for those caring for their elders Room 7000 A & B MIB from 12 Noon - 1 PM
- Wednesday, April 29** Men's Wellness Room 7000 A MIB from 12 Noon - 1 PM
- Thursday, April 30** Blood Drive SIB Auditorium American Red Cross



Events Color Key

- Classes
- Contests
- Fairs & Activities



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- Tuesday, May 5** Money Management - Simple steps in challenging times Money Mgmt. Inc. – 11:30 AM - 1 PM, North Penthouse MIB
- Thursday, May 7** 10 Steps to Emotional Resiliency by Mitre Corp. EAP 11:30 AM - 1 PM, North Penthouse MIB
- Friday, May 8** Last day of the Safest Bureau/Office Inspection Contest
- Thursday, May 14** Eat Healthy, Eat Local Presentation by "Edible Chesapeake" with tastings 12 Noon - 1 PM, SIB Auditorium
- Friday, May 15** Last day of Find the Hazard Contest
- M - F, May 18-22** Gym MIB open all week to all employees Aerobic classes, cardio machines & basketball court are at your disposal
- Tuesday, May 19** Tai Chi Class Try this FREE class 11:30 AM - 12:30 PM on the roof of the South Penthouse MIB, or in the Gym if weather does not permit
- Safety Fair** 10 AM - 2 PM, SIB Auditorium
- Mammovan** at GSA E Street curb
- Wednesday, May 20** Health Fair 11 AM - 2 PM, SIB Auditorium, 15 exhibitors Take the Stairs Day
- Thursday, May 21** Secretary's Safety Awards Ceremony